

A REFLECTOR.

A great old room, with whitewashed walls and fire long, square tables with benches on either side, was the place to end, was the place where the monks took their very first meal. The tables were laid for the first monks, and the monks were not at all needless to add that there were no napkins, although there are considerable numbers of them now. The most wretched napkins one is usually told before the grant. Trappists, however, have a little need of them.

There were a few small tables and chairs, a plate of water and another jug of a smaller one-at beer, and a little of the same white wine. It was the first meal. Very thing that it is, the ingredients being water, chopped vegetables, bread and a little oil of olive.

Until a few years ago no animal, whether vegetable or not, was allowed to the soup, nor was it permitted to eat anything but bread. There have more than one meal a day, but the necessity of relaxing the rule has been found. In the last six months of the year there are two meals a day—namely, at 11 and at 12. In winter there are still only one meal a day.

[illegible]

To devote this surplus obtained by the use of sacrifice, compared to which the sacrifice of the poor is a mere trifle, they relieve is hasty, to the lessening of human suffering, to the encouragement of the poor to the practice of charity to the worthy and the worthy, expecting no honor from alms, is a noble and commendable action that makes that of the theoretical philanthropists and humanitarian philosophers look rather barren.—Temple Bar

and years, and a good deal may happen in their time; but your kind of economy, my boy, is bound to get there by and by. Good morning."—Detroit Free Press.

Preparation of Face Bath.

The proper way to prepare a face bath is to fill a bowl with hot water dip in it a flannel alcohol, rub the soap on this until it is thick lather; pass the flannel over the face with it.

With both hands wash the soap off sponge with cooler water, dry on a soft towel, afterward using the palms of the hands to rub the face. Then wash the face is thoroughly dry take some ointment on the fingers and begin the massage.—Almond oil and cocoa butter are best for smoothing and softening and delicate skin. But no ointment must be used constantly or it will produce a light down upon the face. In the morning the face should be washed with cold water. If nothing the skin may seem to demand.

To Broil Fish.
Shad, haddock, mackerel and largest trout are broiled. Wash fish well. The fish should be cleaned and split down the back, leaving on the head and tail. A double wire broiler is best, as the fish can be turned without touching. Rub the broiler well with salt before putting the fish in. The fish side should be first exposed to the fire, and then the skin side; great care must be taken not to burn the skin. When the fish is done, separate it carefully from the broiler and place on a hot platter; sprinkle with salt and pepper, spread with butter and serve. The crust on the butter is melted. A fish weighing four pounds will require about half an hour to cook.—Toledo Blade.

The Great Wreath.
Wife (sincerely)—If you have wasted a great deal of money in your

Hubbard (meekly)—I know it, my dear.

"Well, don't you regret it?"

"There is a certain five-dollar bill I gave the minister, I shall never mean to get it back."—Tessie Higgins.

Under Surveillance.

"I see Mrs. Skinfint has had her late husband's miniature painted and wears it when her chin."

"Yes! When he was alive she always kept him under her thumb"—Detroit Free Press.

Know Him Well.

"Dooey is always borrowing from me."

"Yes; and I'll bet four dollars he never pays it back."—Judge.

Mitigation.

"How proud and free the mountains are!"

"Free nothing! Don't you see they're always in chains?"—Truth.

Needed no Assistance.

"No, thank you," said the elephant to the expressman; "I carry my own weight."

